



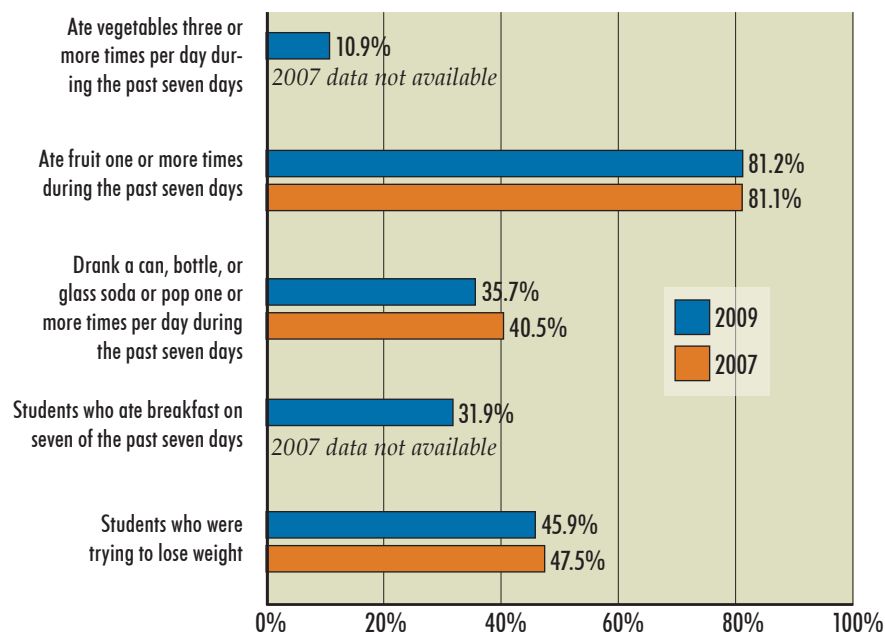
High School Fact Sheet

Healthy eating is associated with reduced risk for many diseases, including the three leading causes of death: heart disease, cancer, and stroke. Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia.¹ Kentucky has some of the highest rates in the country of students that are obese (17.6%) or overweight (15.6%). Only (14.2%) of students are consuming enough fruits and vegetables each day while trying to lose weight in unhealthy ways by taking diet pills, powders, or liquids (7.0%) or by not eating for 24 or more hours (12.5%).

¹ Centers for Disease Control and Prevention. <http://www.cdc.gov/HealthyYouth/nutrition/index.htm>. Retrieved 7/28/08.

Nutrition in Kentucky

The following graph represents the nutrition behaviors of high school students in 2007 and 2009. *Please note that none of the data represent statistically significant changes.*



The YRBS is a nationwide survey produced by the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) to monitor the six priority health-risk behaviors of adolescents: alcohol and drug use, injury and violence (including suicide), tobacco use, nutrition, physical activity, and sexual risk behaviors. The data is collected from students in 9th through 12th grades every two years.

Youth Disproportionately at Risk

- Females (36.5%) were more likely than males (24.2%) to have described themselves as slightly or very overweight
- Females (60.5%) were more likely than males (32.3%) to have been trying to lose weight
- Blacks (85.9%) were more likely than whites (71.2%) to have drank 100% fruit juices one or more times during the past seven days
- Whites (79.2%) were more likely than blacks (60.9%) to have eaten potatoes one or more times during the past seven days
- Whites (37.5%) were more likely than blacks (24.9%) to have drank a can, bottle, or glass soda or pop one or more times per day during the past seven days

For More Information

For additional KY YRBS data and other YRBS fact sheets, visit the KDE website at: <http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Youth+Risk+Behavior+Survey.htm>

For national data or more information on the YRBS, visit the CDC website at: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>



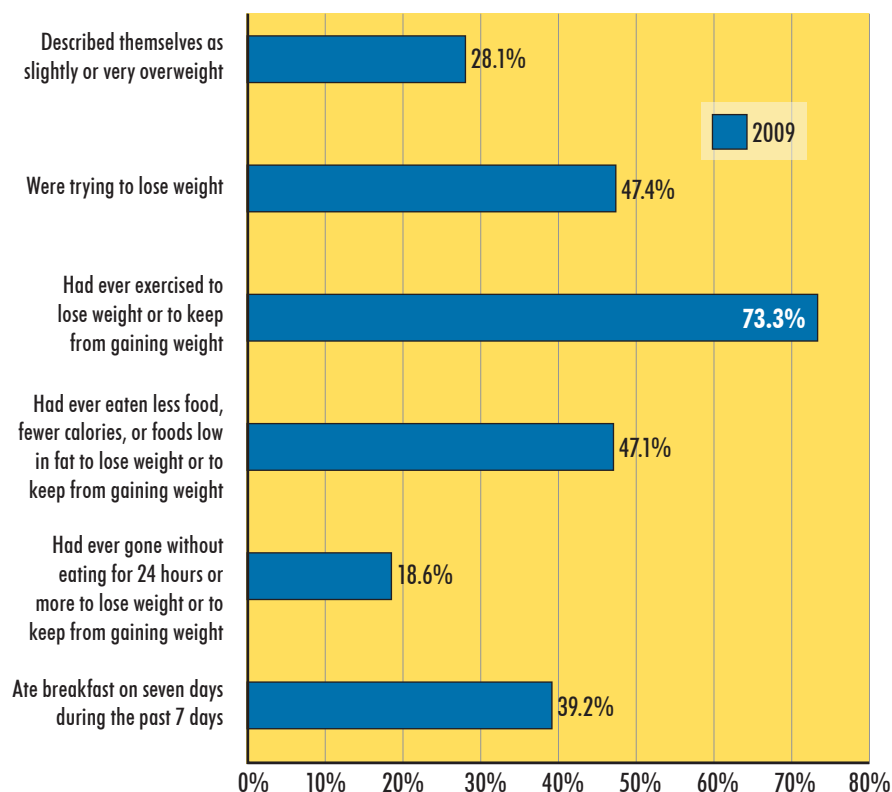
Middle School Fact Sheet

Healthy eating is associated with reduced risk for many diseases, including the three leading causes of death: heart disease, cancer, and stroke. Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia.¹

¹Centers for Disease Control and Prevention. <http://www.cdc.gov/HealthyYouth/nutrition/index.htm>. Retrieved 7/9/09.

Nutrition in Kentucky

The following graph represents the nutrition behaviors of middle school students in 2009. No comparison data is available.



The YRBS is a nationwide survey produced by the Centers for Disease Control and Prevention (CDC) Division of Adolescent and School Health (DASH) to monitor the six priority health-risk behaviors of adolescents: alcohol and drug use, injury and violence (including suicide), tobacco use, nutrition, physical activity, and sexual risk behaviors. In 2009, Kentucky was one of 14 states who administered a middle school YRBS to students in grades 6th through 8th.

Youth Disproportionately at Risk

- Females (55.4%) were more likely than males (40.1%) to have been trying to lose weight
- Females (78.6%) were more likely than males (68.5%) to have ever exercised to lose weight or to keep from gaining weight
- Females (56.8%) were more likely than males (38.1%) to have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight
- Females (24.1%) were more likely than males (13.6%) to have ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight
- Females (8.4%) were more likely than males (3.7%) to have ever vomited or taken laxatives to lose weight or to keep from gaining weight
- Hispanic/Latinos (14.1%) were more likely than whites (5.9%) to have ever vomited or taken laxatives to lose weight or to keep from gaining weight
- Males (46.6%) were more likely than females (31.3%) to have eaten breakfast on seven days during the past seven days

For More Information

For additional KY YRBS data and other YRBS fact sheets, visit the KDE website at: <http://www.education.ky.gov/KDE/Administrative+Resources/School+Health/Youth+Risk+Behavior+Survey.htm>

For national data or more information on the YRBS, visit the CDC website at: <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>